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**(54) INFECTION SUPPRESSING COMPOSITION AND**  
**FOOD AND DRINK CONTAINING THE SAME**

(57) Abstract:

**PROBLEM TO BE SOLVED:** To provide an infection suppressing composition exhibiting excellent infection suppressing effect on pathogens by oral administration and provide a food and drink containing the composition.

**SOLUTION:** A material containing  $\beta$ -glucan and a heat-treated cell of lactic acid producing bacteria are used as active components of the infection suppressing composition. Preferably, the amount of

the  $\beta$ -glucan-containing material is 0.5-99.5 wt.% and that of the heat-treated cell of the lactic acid producing bacteria is 99.5-0.5 wt.%. The material containing  $\beta$ -glucan is prepared preferably from one or more materials selected e.g. from the fruit body of basidiomycetes such as *Agaricus blazei* Murill, the mycelium of the basidiomycete, yeast, bacteria, algae and lichen. The lactic acid producing bacteria is preferably *Lactobacillus* or *Bifidus* bacteria. The *Lactobacillus* is preferably *Lactococci*, especially *Enterococcus faecalis*.

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